

# Cardiovascular Disease Mortality and Risk Factors

*in the Sarpy/Cass Department of Health and Wellness*

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## **Sarpy/Cass Department of Health and Wellness**

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Although not statistically significant, age-adjusted mortality rates for each of the four CVD related causes of death in the Sarpy/Cass Department of Health and Wellness are higher than those for all Nebraska residents, regardless of gender. Consistent with adults in many Nebraska health districts, males, compared to females in the Sarpy/Cass region are less likely to consume five or more servings of fruits and vegetables daily and less likely to have health care coverage (among those 18-64). Positively, of the 18 local public health departments presented in this report, adults aged 18-64 years of the Sarpy/Cass region rank lowest in no health care coverage (6.7% compared to 11.7% statewide). In addition, the percentage of adults in the Sarpy/Cass region that have diagnosed high blood cholesterol (among those that have ever had it checked), 25.3%, is significantly less than the statewide percentage (28.9%). In contrast, a significantly lower percentage of adults (22.9%) reported not engaging in leisure time physical activity compared to the state as a whole (25.7%).

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### **Regionally specific supplement to:**

*Cardiovascular Disease Mortality and Risk Factors by Nebraska's Local Public Health Department Regions.* Lincoln, NE: Nebraska Health and Human Services System, Department of Health and Human Services, Offices of Disease Prevention and Health Promotion; 2005

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**Full copy available for download at: <http://www.hhs.state.ne.us/cvh>**

# Sarpy/Cass Department of Health and Wellness

## Demographic Composition

Counties	Average age	Education	Race / Ethnicity		
Cass and Sarpy	32.5 years	H.S Grad / GED or higher	92.6%	Number	Percentage
Total population	Median income				
146,929	\$52,534	Baccalaureate / Graduate degree	28.2%	White, non-Hispanic	130,394 88.7%
				Minority	16,535 11.3%

Source: 2000 Census

## Mortality and Risk Factors

### Mortality Due to Cardiovascular Disease Among Residents in Sarpy/Cass Department of Health and Wellness by Gender, 1999-2003

Cause of Death %	Total			Male			Female			Relative Risk (M:F) <sup>d</sup>
	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	
Total Cardiovascular Disease	1,411	317.2	16.6	661	379.6	28.9	750	275.6	19.7	1.38 *
Heart Disease	1,049	233.0	14.1	522	289.7	24.9	527	193.9	16.6	1.49 *
Sudden Cardiac Death	556	124.4	10.3	274	151.5	17.9	282	103.8	12.1	1.46 *
Stroke	265	62.5	7.5	99	68.6	13.5	166	60.4	9.2	1.14

Source: Nebraska Vital Records

\* The age-adjusted rate for males is significantly higher than the rate for females (p < 0.05)

### Risk Factors for Cardiovascular Disease Among Adults in Sarpy/Cass Department of Health and Wellness by Gender, 1995-2003

CVD Risk Factors	Total			Male			Female			Relative Risk (M:F) <sup>d</sup>
	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	
<sup>1</sup> Current Cholesterol Screening	1,113	66.5	3.4	451	64.6	5.2	662	68.3	4.4	0.95
<sup>2</sup> Diagnosed Diabetes	2,048	4.5	1.0	850	4.7	1.5	1,198	4.4	1.2	1.07
<sup>3</sup> 5-a-day Consumption	1,278	16.6 **	2.4	534	13.5	3.5	744	19.9 **	3.2	0.68 *
<sup>4</sup> Diagnosed High Blood Cholesterol	863	25.3 **	3.3	338	26.6	5.2	525	24.1	4.2	1.11
<sup>5</sup> Diagnosed High Blood Pressure	1,142	19.9	2.6	458	19.9	4.1	684	19.9	3.3	1.00
<sup>6</sup> No Health Care Coverage, 18-64	1,729	6.7 **	1.5	732	7.9 **	2.5	997	5.5 **	1.7	1.44 *
<sup>7</sup> Obese	1,952	18.7	1.9	839	22.1	3.1	1,113	14.9 **	2.2	1.49 *
<sup>8</sup> No Leisure Time Physical Activity	1,729	22.9 **	2.3	715	20.1 **	3.5	1,014	25.8	3.1	0.78 *
<sup>9</sup> Current Cigarette Smoking	2,045	22.5	2.2	847	22.8	3.3	1,198	22.2	2.8	1.03

Source: Nebraska Behavioral Risk Factor Surveillance System

\*\* The percentage is significantly higher (p < 0.05) than all other Nebraska HDs

\* The lower bound of the 95% confidence interval for the risk ratio is greater than 1.0

\*\* The percentage is significantly lower (p < 0.05) than all other Nebraska HDs

\* The upper bound of the 95% confidence interval for the risk ratio is less than 1.0

% Specific ICD-10 Cause of Death Codes may be found in the Methodology Section of this Report

<sup>a</sup> Documented number of deaths from each cause between 1999 and 2003

<sup>b</sup> Average annual age-adjusted rate per 100,000 population (2000 U.S. standard population)

<sup>c</sup> Margin of error (me) at 95% confidence, interpreted as plus/minus the relevant age-adjusted rate or weighted percentage

<sup>d</sup> Relative Risk is the male to female rate ratio (for mortality) and percentage ratio (for risk factors)

<sup>e</sup> Non-weighted sample size for each risk factor

<sup>f</sup> Percentage weighted by gender and age to reflect Nebraska's population (using CDC's BRFSS weighting methodology)

<sup>1</sup> Percentage of adults reporting that they had their cholesterol checked within the 5 years preceding the survey

<sup>2</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that they have diabetes (excluding gestational diabetes)

<sup>3</sup> Percentage of adults reporting that they consume 5 or more daily servings of fruits and vegetables

<sup>4</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that their blood cholesterol is high, among those that have ever had it checked

<sup>5</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or other health professional that their blood pressure is high

<sup>6</sup> Percentage of adults, 18-64, reporting that they do not have any kind of health care coverage, including health insurance, prepaid plans such as HMO, or governmental plans

<sup>7</sup> Percentage of adults body mass index value of 30 or greater (based on self-reported height and weight)

<sup>8</sup> Percentage of adults reporting that, other than their regular job, they did not participate in any physical activities or exercises during the 30 days preceding the survey

<sup>9</sup> Percentage of adults that have smoked at least 100 cigarettes during their lifetime and currently smoke cigarettes every day or on some days